



SOCIETY FOR HUMAN RIGHTS AND ENVIRONMENT PROTECTION (SHEP)

2025

Annual Report



About SHEP

The Society for Human Rights & Environment Protection (SHEP) is a registered non-governmental organization working across Pakistan. The organization focuses on human rights advocacy, environmental protection, climate change awareness, public health, gender equality, and youth empowerment. SHEP believes that sustainable development can only be achieved when social justice and environmental responsibility go hand in hand.



PRESIDENT Message



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The year 2025 tested our resolve but also strengthened our belief that meaningful change is possible when commitment meets collective action. At SHEP, we continued our work with sincerity, transparency, and responsibility toward society and the environment.

From advocating for human rights to addressing climate challenges, from empowering women to engaging youth, each activity reflected our core belief that development must be inclusive and sustainable. I am deeply grateful to our team members, volunteers, partners, and well-wishers who stood with SHEP throughout the year.

MUHAMMAD SAEED

PRESIDENT Of SHEP NGO

JAN -2025



Professor Abdul Mateen Qadusi, Chairman of the Education Division at the Society for Human Rights and Environment Protection (SHEP), addressed the ceremony on the occasion of World Education Day, emphasizing that the promotion of education requires collective efforts from everyone. He highlighted that United Nations observes World Education Day every year on January 24, a day that serves as a reminder for all to renew their commitment to spreading knowledge and advancing education for the betterment of society.

Professor Qadusi, a distinguished scholar, is the author of several academic and extracurricular books and previously served as the Principal of Jamia Millia College of Education. Drawing on his extensive experience in the education sector, he stressed the importance of continuous learning, innovation in teaching methods, and the need for both institutions and individuals to actively contribute toward educational development.

Since retiring from government service, Professor Qadusi has continued his academic contributions by authoring books and delivering special lectures at various institutions on subjects related to education and learning. His dedication reflects a lifelong commitment to knowledge dissemination, inspiring both students and educators to strive for excellence and meaningful engagement in the field of education.

FEB-2025



On 10 February, the SHEP office received a formal visit from senior officials of the Social Welfare Department. The purpose of this official inspection was to review and evaluate the operational procedures, organizational structure, and overall performance of SHEP as part of standard regulatory oversight. During the visit, the officials carefully examined the organization's records, including documentation of past programs, financial statements, and reports on ongoing projects.

The President of SHEP warmly welcomed the visiting officials and provided a comprehensive briefing highlighting the organization's accomplishments over the past years. Special emphasis was placed on key initiatives in the fields of environmental conservation, public health awareness, and youth engagement programs. The briefing also outlined SHEP's strategic plans for the future, emphasizing sustainability, community development, and the empowerment of young people through skill-building and awareness campaigns.

The officials expressed appreciation for the transparent presentation and acknowledged SHEP's consistent efforts in contributing to social welfare and community development. This visit not only strengthened SHEP's relationship with the Social Welfare Department but also provided valuable feedback and guidance for enhancing the effectiveness of future programs.

FEB-2025



On 18 February, a high-level delegation from SHEP paid an official visit to the University of Karachi, where they were received by Dr. Nosheen Raza, Advisor on Student Affairs. The primary purpose of this meeting was to discuss the launch of a structured internship program designed to provide students with hands-on, practical experience in professional settings.

During the meeting, the SHEP delegation presented the objectives and framework of the internship program, emphasizing its focus on equipping job-seeking students with essential skills, real-world exposure, and mentorship opportunities. The discussion also explored potential collaborations between SHEP and the university to ensure the program's alignment with academic curricula and industry requirements.

Dr. Nosheen Raza and the university leadership expressed their appreciation for SHEP's initiative, highlighting its significance in bridging the longstanding gap between education and employment. They acknowledged that such programs not only enhance students' employability but also contribute to the development of a skilled, socially conscious workforce. The meeting concluded on a positive note, with both parties agreeing to work closely in implementing the program and monitoring its impact on participating students.

MARCH-2025



On 3 March, SHEP commemorated World Hearing Day with a full-day awareness and health initiative aimed at promoting ear health and the prevention of hearing impairment. The event featured a series of structured awareness sessions, interactive talks by medical and audiology experts, and free hearing screening services for community members.

The awareness sessions highlighted the importance of early diagnosis and timely intervention in preventing long-term hearing loss. Expert speakers elaborated on common causes of hearing impairment, including prolonged exposure to loud noise, untreated infections, and age-related factors. Special attention was given to the harmful effects of noise pollution, with discussions on preventive measures and lifestyle adjustments to safeguard hearing health.

Through the free hearing screenings, participants received personalized consultations and advice on maintaining ear health, while families were educated on how to recognize early warning signs of hearing difficulties in children and adults. The event successfully combined education, medical guidance, and community engagement, reinforcing SHEP's commitment to public health awareness and proactive intervention.

MARCH-2025



On 8 March, SHEP proudly celebrated International Women's Day by organizing a comprehensive awareness and empowerment event aimed at promoting gender equality and highlighting the achievements of women across various sectors. The program brought together women leaders, subject-matter experts, and community members for engaging discussions on critical issues such as women's empowerment, gender-based challenges, and the promotion of equal opportunities in education, employment, and social participation.

The event featured interactive panel discussions and knowledge-sharing sessions, allowing participants to explore practical solutions to social and economic barriers faced by women in their communities. SHEP also facilitated sessions where women shared their success stories, inspiring others and emphasizing the importance of resilience, leadership, and advocacy.

A key highlight of the celebration was the signing of a pledge for gender equality, symbolizing the collective commitment of participants to uphold women's rights and foster an inclusive society. This initiative reinforced SHEP's dedication to creating an environment where women can actively contribute to sustainable development, decision-making, and community leadership.

The event successfully combined awareness, advocacy, and empowerment, further establishing SHEP's role as a proactive organization in the promotion of women's rights and gender-inclusive development.

MARCH-2025



Following the International Women's Day celebration, SHEP continued its commitment to women's empowerment through a series of practical initiatives and capacity-building programs. The organization conducted skill development workshops in areas such as handicrafts, entrepreneurship, digital literacy, and vocational training, providing women with opportunities to gain financial independence and enhance employability. These programs were designed to equip women with marketable skills while fostering confidence, leadership, and problem-solving abilities.

SHEP also implemented community outreach and mentorship programs, connecting young women with experienced leaders and professionals who guided them in personal and professional development. Awareness sessions on health, legal rights, and gender-based violence were conducted in neighborhoods and educational institutions, enabling women to make informed decisions and advocate for themselves in their communities. The organization emphasized youth engagement, encouraging female students to participate in environmental, social, and leadership initiatives, thereby linking gender empowerment with broader societal development.

In addition, SHEP launched initiatives to promote women's participation in decision-making and civic engagement. Women were encouraged to take part in local committees, advocacy campaigns, and community projects, contributing actively to policymaking and social improvement. By providing platforms for education, mentorship, and community engagement, SHEP ensured that its work extended beyond awareness events, creating sustainable opportunities for women to thrive, lead, and influence positive change. These ongoing efforts reflect SHEP's holistic approach to women's development, reinforcing the organization's commitment to gender equality, empowerment, and inclusive social progress.

APRIL-2025



On 7 April, SHEP observed World Health Day through a series of awareness programs, conducted under the theme "Healthy Beginnings, Hopeful Futures." The initiative focused on educating the community about the importance of preventive healthcare, healthy lifestyles, and early interventions for common health issues.

The program included interactive awareness sessions, where healthcare experts and resource persons provided guidance on nutrition, mental well-being, exercise, and disease prevention. Discussions also highlighted the significance of creating health-conscious communities and adopting sustainable habits that promote long-term wellness.

Through these activities, SHEP aimed to reinforce the message that health is the foundation of a hopeful future, encouraging participants to prioritize self-care and healthy living. The event successfully combined education, advocacy, and community engagement, reflecting SHEP's ongoing commitment to raising awareness about public health and well-being.

APRIL-2025



On 16 April, SHEP launched a tree plantation campaign in Karachi to raise awareness about the dangers of rising temperatures and urban deforestation. The initiative combined field activities with a press release, emphasizing the urgent need for immediate action to mitigate the impacts of climate change and promote environmental sustainability in the city.

During the plantation drive in Shah Faisal Colony, Muhammad Saeed Rajput, President of SHEP, personally distributed saplings and planted trees alongside community members. He highlighted that the heat intensity in March and April is only the beginning, with experts warning that May, June, and July could be significantly hotter. Mr. Rajput encouraged Karachiites to start individual and neighborhood plantation drives to help combat the environmental challenges facing the city.

In the press release, he called on the Sindh government, city administration, and town chairpersons to launch a large-scale tree plantation initiative. He further proposed an ordinance under Article 128 mandating that each household plant at least 3 to 5 trees or saplings, ensuring official oversight and coordinated action across all administrative levels. The campaign reflected SHEP's commitment to climate action, sustainable urban development, and the well-being of Karachi's residents.

MAY - 2025

Against Intense Sunlight – Saeed Rajput

Citizens In Cities with Heat wave Alerts Should Carry a Wet Towel, Water, and Beverages – President SHEP NGO

Men and Women Working in Sunlight Should Avoid Prolonged Exposure – Vice President Mir Hassan Baloch

Mayor of Karachi Launch a Tree Plantation Campaign with the people of Karachi – General Secretary Ijaz Ali Khan Appeals:

Carrots (from Rajput):

President of the Karachi for Human Rights and Environment Protection (KHEP), Muhammad Saeed Rajput, has said that light-colored umbrellas should be used to protect against the intense sunlight. He emphasized that using umbrellas that are white or light-colored are not only safe during the sunny seasons, but also help in reducing the sun's heat intensity. He advised people to use light-colored umbrellas to protect themselves from intense sunlight. He emphasized that using umbrellas is a common-sense move to stay safe after a heatwave was recorded in Karachi.

On this occasion, Saeed Rajput advised that when people are working outdoors, they should avoid prolonged exposure to the sun. He advised them to take breaks in the shade, use cold water or beverages during work, place a wet towel on their heads, and wash their faces and hands after taking a break during work.

Mr. H. Hassan Baloch: Vice President of KHEP, Barrister Murtaza Wahab, has called for a city-wide tree plantation campaign under the Karachi Metropolitan Corporation (KMC) involving public participation. He said that if such a campaign is launched under the patronage of the municipal government, it would be easier to plant thousands of trees in the metropolitan city area.

President Ijaz Ali Khan called for the issuance of a heatwave alert in April to April-October in May, June, and July could bring even more intense heat, potentially causing the lives of millions of Karachi residents at risk.



SHEP issued a heatwave awareness advisory urging citizens to adopt protective measures to stay safe during the intense sunlight. Muhammad Saeed Rajput, President of SHEP, emphasized the use of light-colored umbrellas, such as white or green, to shield against harmful UV rays, dispelling the common notion that umbrellas are only for rainy weather. The advisory highlighted the importance of preventive measures in reducing the risks associated with prolonged sun exposure.

SHEP Vice President Mir Hassan Baloch provided additional guidance for men and women working outdoors, advising them to take regular breaks in the shade, use cold water or beverages, place a wet towel on the head, and wash the face and hands periodically. These steps, he noted, are crucial for maintaining safety and well-being during heatwaves, particularly for laborers and street workers who are most exposed to extreme weather conditions.

SHEP General Secretary Ijaz Ali Khan appealed to the Mayor of Karachi, Barrister Murtaza Wahab, to launch a city-wide tree plantation campaign under the Karachi Metropolitan Corporation, involving public participation. Mr. Rajput also warned that the early issuance of a heatwave alert in April signals even hotter conditions in May, June, and July, which could endanger the lives of millions of Karachi residents. The advisory underscored SHEP's commitment to public safety, climate awareness, and proactive community engagement.

JUNE - 2025



KU Vice Chancellor Professor Dr. Khalid Mehmood Iraqi delivered a comprehensive presidential address highlighting the severe dangers of plastic pollution. He explained that plastic waste not only damages aquatic ecosystems and marine species but also poses serious risks to human health, particularly for communities dependent on marine resources. He stressed the urgent need for effective policies to improve plastic recycling systems, strengthen waste management infrastructure, reduce plastic production, and control environmental pollution at all levels.

Dr. Khalid Iraqi further emphasized that plastic pollution is not merely an environmental issue but a direct threat to all forms of life on Earth. He urged academic institutions, policymakers, and civil society organizations to work collectively to raise awareness and promote sustainable alternatives to plastic use. According to him, without immediate and coordinated action, the long-term consequences of plastic pollution could become irreversible for both ecosystems and human populations.

Addressing the gathering, SHEP President Muhammad Saeed highlighted Karachi's critical environmental challenges, stating that the city urgently requires the plantation of millions of trees. He warned that unchecked garbage accumulation and rapid expansion of a "concrete jungle" have severely damaged Karachi's natural greenery. He pointed out that Pakistan is among the countries most affected by climate change, and Karachi faces a dual crisis of unmanaged waste and excessive construction. While acknowledging the government's efforts in establishing waste management departments, he stressed that lack of proper training and supervision has limited their effectiveness. He concluded by emphasizing that as fast as concrete structures are rising, there must be an equally strong commitment to planting shade-giving trees to restore environmental balance.

JUNE-2025



SHEP celebrated World Environment Day by co-organizing a high-level seminar at the University of Karachi, focusing on critical environmental challenges including plastic pollution, waste management, and climate change. The seminar was held in collaboration with the Institute of Environmental Studies, University of Karachi, and Ghandhara Industries Ltd., bringing together environmental experts, policymakers, academics, industry representatives, and students to exchange ideas and explore practical solutions.

During the seminar, Dr. Waqar Hussain Phulpoto, Director General of the Sindh Environmental Protection Agency (SEPA), emphasized that eliminating plastic pollution requires collective responsibility and behavioral change at both individual and institutional levels. SHEP President Muhammad Saeed highlighted the urgent environmental crisis facing Karachi, stating that the city requires the plantation of millions of trees to counter rising temperatures, excessive waste, and unchecked urban expansion. He warned that the growing “concrete jungle” and unmanaged garbage have severely damaged Karachi’s natural environment and demanded immediate, coordinated action.

Other speakers reinforced the importance of sustainable environmental practices and long-term planning. Shahrukh Asghar, Senior Manager at Ghandhara Industries Ltd., stressed that sustainable and well-managed tree plantation is essential for creating a healthy environment. Experts including Dr. Musarrat Jahan Yousuf and Dr. Moazzam Ali Khan highlighted the need to reduce plastic dependency, promote alternatives, and strengthen recycling mechanisms. Special emphasis was placed on youth participation and academic involvement, encouraging students to become active contributors to environmental protection. The seminar successfully blended awareness, advocacy, and practical direction, reaffirming SHEP’s commitment to climate action and environmental sustainability in Karachi.

JUNE-2025



Following the high-level seminar organized for World Environment Day on 5 June, SHEP conducted an awareness walk to engage participants in active environmental advocacy. Students, faculty, and invited guests joined the walk, which aimed to raise public consciousness about pressing environmental challenges such as plastic pollution, climate change, and urban deforestation. The walk created a vibrant atmosphere of learning and participation, allowing attendees to internalize key messages from the seminar while demonstrating their commitment to sustainable practices.

Immediately after the awareness walk, SHEP organized a tree plantation drive in collaboration with Ghandhara Industries Limited. Saplings were planted within the University of Karachi premises and nearby areas to promote urban greenery and contribute to climate resilience. SHEP President Muhammad Saeed and senior representatives from Ghandhara Industries actively participated, guiding volunteers and emphasizing the importance of creating green spaces to counter urban heat, improve air quality, and foster biodiversity in Karachi.

The combination of the awareness walk and tree plantation drive served as a practical extension of the seminar's objectives, turning discussions into tangible action. Students and community members gained hands-on experience in environmental stewardship, reinforcing the idea that every individual can contribute meaningfully to climate protection. These activities reflected SHEP's holistic approach to sustainability—linking education, advocacy, and practical engagement—and strengthened its ongoing commitment to fostering a greener, healthier, and more environmentally conscious Karachi.

JULY-2025



On 28 July, SHEP successfully concluded its internship program for students of Environmental Studies, providing them with valuable practical exposure in the field of environmental protection and community engagement. The program was designed to equip students with hands-on experience, allowing them to apply theoretical knowledge to real-world projects and initiatives organized by SHEP.

During the internship, students actively participated in various tasks, including awareness campaigns, environmental research, and community outreach activities. This experience not only enhanced their understanding of environmental challenges but also helped them develop essential professional skills such as teamwork, project management, and problem-solving.

On 28 July, participating students received their experience letters from SHEP, marking the successful completion of the program. The initiative provided them with confidence, practical insights, and a stronger foundation for pursuing careers in environmental studies, reflecting SHEP's ongoing commitment to youth empowerment, skill development, and fostering the next generation of environmental leaders.

AUGUST-2025



On 11 August, another group of students visited the SHEP office to receive their experience letters after completing their internship program. These students, like the previous batch, had actively participated in SHEP's environmental awareness and community engagement activities, gaining hands-on experience in real-world projects.

During their internship, the students contributed to campaigns, research initiatives, and field activities, which helped them understand environmental challenges and develop practical skills such as teamwork, communication, and project management. The program aimed to bridge the gap between academic knowledge and professional experience.

By receiving their experience letters, the students were formally recognized for their efforts and achievements. The initiative not only enhanced their confidence and professional readiness but also reflected SHEP's ongoing commitment to youth empowerment, skill development, and fostering future environmental leaders.

AUGUST-2025



The Society for Human Rights and Environment Protection (SHEP), in partnership with Medocal Pharma (Pvt.) Ltd., organized a vibrant and inspiring celebration of Pakistan's 78th Independence Day at the Government Girls (Campus) Higher Secondary School, Gulshan-e-Iqbal Block 6, Karachi. The event was carefully designed not only to commemorate the nation's freedom but also to serve as a platform for instilling a deep sense of patriotism, civic responsibility, and environmental awareness among students. By linking national pride with social accountability, SHEP highlighted how today's youth can actively contribute to the development of their communities while fostering respect for their country.

The celebration was distinguished by the presence of several eminent personalities whose participation added honor and credibility to the occasion. Among the notable attendees were Ms. Shaista Kanwal Mangi, the School Principal, whose leadership continues to nurture excellence in education; Mr. Muhammad Saeed Rajput, President of SHEP, recognized for his longstanding commitment to human rights and environmental initiatives; Ms. Ushna Sheikh, Information Secretary of SHEP, whose efforts have strengthened the organization's communication and outreach; and Mr. Tahir Rajput, Project Director of SHEP, acknowledged for his dedication to effective project execution. Their presence underscored the collaborative spirit between educational institutions and civil society in promoting civic values and responsible citizenship.

Adding further distinction to the event was Mr. Sheikh Imtiaz Hussain, President of AM PAK Business Development Forum, whose inspiring words encouraged students to appreciate the value of independence while standing in solidarity with oppressed nations worldwide. The celebration combined speeches, interactive sessions, and cultural activities to engage students meaningfully, fostering awareness of both national history and social responsibility. This inclusive approach ensured that participants not only celebrated Pakistan's achievements but also reflected on their role as active contributors to a just, aware, and sustainable society.

AUGUST-2025



The Independence Day celebration featured inspiring addresses by distinguished speakers that highlighted both national pride and civic responsibility. Sheikh Imtiaz Hussain, President of AM PAK Business Development Forum, delivered a powerful speech underscoring the immeasurable value of independence. He reminded the audience that freedom is a blessing fully appreciated only by nations still deprived of sovereignty. Reflecting on Pakistan's historic victory in Operation Bunyān Um Marsous on May 10, 2025, he emphasized its role in reaffirming national dignity and strengthening Pakistan's strategic position globally. Mr. Hussain also paid tribute to the Armed Forces, recognizing their courage and sacrifices as the backbone of the nation's security, and encouraged solidarity with oppressed nations, particularly in Kashmir and Palestine, urging Pakistanis to extend moral and emotional support in their pursuit of justice and freedom.

Following this, Mr. Muhammad Saeed Rajput, President of SHEP, delivered a patriotic address celebrating Pakistan's 78th Independence Day. He highlighted the unique global recognition of Pakistan's resilience, determination, and strength, emphasizing that despite facing a larger, economically and technologically superior adversary, the nation's defense capabilities have remained unmatched. Mr. Rajput attributed this enduring strength to the timeless guiding principles of Quaid-e-Azam Muhammad Ali Jinnah—Unity, Faith, and Discipline, which serve as the moral and strategic foundation of Pakistan's survival.

Both speeches collectively inspired participants to view independence not merely as a historical achievement but as an ongoing responsibility. Attendees were encouraged to uphold the nation's values through unity, faith, discipline, and solidarity with global struggles for freedom. The addresses fostered a deep sense of patriotism, civic duty, and reflection on the broader social responsibilities of citizens, reinforcing SHEP's mission to educate and empower youth as active contributors to a just and resilient society.

AUGUST-2025



The Independence Day celebration commenced with a high-spirited opening, as students of the Government Girls (Campus) Higher Secondary School took the stage to perform patriotic songs and deliver heartfelt speeches. Their melodious voices, resonating with the timeless national songs of Pakistan, filled the hall with emotion and pride, instantly connecting everyone to the sacrifices and struggles of the nation's forefathers. Each student speech reflected profound admiration for the country, drawing inspiration from the enduring values of freedom, unity, and resilience. The passionate performances not only showcased the students' talent and confidence but also reminded the audience of the importance of safeguarding the nation's hard-earned independence.

As the program progressed, distinguished guests and keynote speakers addressed the gathering with inspiring and thought-provoking messages. They highlighted that Pakistan's true strength lies not merely in its military capabilities but in the unity, resilience, and collective will of its people. The speakers emphasized that in the face of regional and global challenges, national defense and progress can only be sustained through unwavering public solidarity, patriotism, and active civic engagement.

The addresses also paid tribute to the Armed Forces of Pakistan, recognizing their sacrifices and unmatched capabilities across land, sea, and air. Simultaneously, the audience was reminded of their personal responsibility to strengthen the nation through education, civic participation, and community service. This segment of the event fostered a deep sense of pride, unity, and duty, reinforcing that Pakistan's resilience and invincibility are rooted not only in its defenders' bravery but also in the steadfast spirit of its citizens.

AUGUST-2025



As the Independence Day celebration approached its conclusion, a special recognition segment was held to honor the contributions of both students and teachers who had actively participated in making the event a success. Certificates of appreciation were distributed as a token of acknowledgment for their outstanding performances, including speeches, patriotic songs, organizational support, and other contributions. For the students, receiving recognition was not merely symbolic—it served as a source of motivation, instilling pride and encouraging them to continue excelling academically and in extracurricular pursuits.

The teachers were also formally appreciated for their dedication, guidance, and mentorship, highlighting the critical role they play in shaping future generations. Their tireless efforts in preparing students and supporting the event underscored the importance of educator involvement in fostering talent, confidence, and community engagement. This recognition reinforced the message that successful events and societal progress depend on the combined efforts of individuals committed to shared goals.

By celebrating individual contributions, SHEP and its partners emphasized the power of encouragement, recognition, and collective responsibility. The ceremony served as a reminder that progress and national pride are built on the dedication of committed citizens, inspiring all participants to continue serving the country with unity, discipline, and devotion, while fostering stronger bonds between students, educators, and the wider community.

SEP - 2025



On 3 September, SHEP briefed the leadership of the Karachi Chamber of Commerce & Industry (KCCI) about its work, vision, and ongoing initiatives in environmental protection. The discussion primarily focused on urban forestry, climate change mitigation, and collaborative projects such as the Plate Farm initiative, which aims to promote green spaces in urban areas and raise awareness about environmental sustainability.

During the briefing, SHEP President Muhammad Saeed highlighted the urgent need for modern solutions like urban forestry to address the severe impacts of climate change in Pakistan. He praised KCCI's Plate Farm project as a major step towards environmental protection, emphasizing that collaboration between civil society, private sector organizations, and business communities is essential for the success of such initiatives. Vice President of KCCI, Faisal Khalil, explained that the project encourages citizens to grow trees and plants in small urban spaces, including rooftops, which can help reduce heat intensity and improve air quality in the city.

Both SHEP and KCCI reaffirmed their commitment to work together for sustainable environmental development in Pakistan, recognizing that initiatives like Plate Farm not only provide immediate benefits to urban communities but also contribute to long-term ecological sustainability. SHEP assured full support for the project, emphasizing that such collaborative efforts will create a lasting positive impact for current and future generations.

OCT - 2025



In October, SHEP's activities focused on awareness campaigns and institutional outreach, aiming to strengthen community engagement on environmental and climate issues. The organization continued its collaboration with educational institutions, youth groups, and local communities to promote climate education, environmental responsibility, and proactive participation in sustainability initiatives.

Through interactive sessions, workshops, and discussions, SHEP encouraged students and community members to understand the impacts of climate change and explore practical ways to reduce their ecological footprint. Special emphasis was placed on youth involvement, empowering them to become ambassadors for environmental protection within their schools, neighborhoods, and communities.

By combining education, advocacy, and community engagement, SHEP reinforced its commitment to building environmentally conscious citizens and fostering a culture of sustainability. These initiatives not only raised awareness but also motivated active participation, ensuring that climate action and environmental stewardship remain at the forefront of public attention in Karachi.

NOV - 2025



On 2nd November, a delegation of enthusiastic female students from the Department of Economics and Finance, University of Karachi, visited the office of the Society for Human Rights and Environment Protection (SHEP) to gain insights into pressing environmental and climate change issues. The visit aimed to provide students with a practical understanding of how civil society organizations contribute to environmental awareness and sustainable development.

During the visit, the students engaged in interactive discussions and sessions with SHEP staff, learning about ongoing initiatives, community outreach programs, and strategies for addressing climate change, pollution, and environmental degradation. They were introduced to innovative approaches such as urban forestry, awareness campaigns, and youth engagement projects that help mitigate environmental challenges in Karachi.

The visit not only enriched the students' academic knowledge but also inspired them to become proactive contributors to environmental protection. By linking theory with practical exposure, SHEP empowered these young women to play an active role in promoting sustainability and climate action within their communities.

NOV - 2025



On 25 November, SHEP observed the International Day for the Elimination of Violence Against Women by organizing an awareness-focused event aimed at promoting women's empowerment and combating gender-based violence. The ceremony brought together students, activists, and community members to engage in meaningful dialogue and activities that highlighted the importance of collective action and social responsibility in protecting women's rights.

The event was graced by Prof. Dr. Shagufta Ishtiaq, Chairperson of the Department of Chemical Engineering at the University of Karachi, who served as the chief guest. She emphasized the urgent need for sustained awareness campaigns to prevent violence against women and highlighted the critical role of women leaders in mentoring and supporting fellow women to achieve independence and professional success. Other speakers, including Ms. Qurat-ul-Ain Lodhi, Ms. Misbah Naseem, Ms. Nudrat Nazeer, and Ms. Ushna Sheikh, underscored the importance of community engagement, institutional support, and social advocacy in eliminating gender-based violence.

Participants actively took part in interactive activities such as a pledge ceremony, group discussions, and Q&A sessions, sharing personal experiences and insights on women's rights and violence prevention. The program concluded with the distribution of certificates by the chief guest and a group photograph, symbolizing solidarity and commitment. Through this initiative, SHEP reaffirmed its dedication to raising awareness, empowering women, and building a society free from all forms of violence against women.

NOV - 2025



The event commenced with a soulful recitation of the Holy Quran, invoking divine blessings and setting a spiritually uplifting tone for the program. The reverent recitation not only opened the gathering on a sacred note but also served as a reminder of the values of compassion, dignity, and justice that Islam upholds—principles deeply aligned with the purpose of the event. This meaningful beginning helped center the participants' hearts and minds, fostering a sense of unity, respect, and collective intention as the program progressed.

Following the opening, Ms. Ushna Sheikh, the event host, extended a warm and heartfelt welcome to all attendees, including distinguished guests, participants, and community members. She provided an overview of the event's agenda and objectives while introducing the mandate and vision of SHEP. Through her address, Ms. Sheikh highlighted the organization's ongoing commitment to promoting women's rights, empowerment, social justice, and community awareness, emphasizing its holistic approach to creating a more equitable society.

She further elaborated on SHEP's multifaceted efforts, including advocacy initiatives, awareness campaigns, legal literacy programs, and community engagement activities. By presenting these initiatives, Ms. Sheikh reinforced the organization's dedication to equipping women with knowledge, skills, and opportunities to actively participate in social, economic, and civic spheres. Her address set a positive and inspiring tone for the event, preparing participants to fully engage with the discussions, interactive sessions, and activities that followed.

NOV - 2025



On 25 November, SHEP commemorated the International Day for the Elimination of Violence Against Women by hosting a dedicated awareness and empowerment event. The program aimed to highlight the challenges faced by women, promote gender equality, and provide practical guidance on preventing violence against women. Prof. Dr. Shagufta Ishtiaq, Chairperson of the Department of Chemical Engineering at the University of Karachi, emphasized the critical role of awareness campaigns in educating communities, advocating for women's rights, and creating a safer environment for women across all sectors of society.

Dr. Shagufta further underscored the crucial role of women in leadership, urging them to mentor and encourage fellow women in their professional and personal journeys. She stated that women who excel in their fields have a responsibility to create pathways for others, strengthening the network of support that enables women to overcome challenges and achieve their full potential. The event also featured speakers such as Ms. Qurat-ul-Ain Lodhi, Ms. Misbah Naseem, Ms. Nudrat Nazeer, and SHEP Information Secretary Ms. Ushna Sheikh, who shared insights on collective action, community engagement, and institutional support to eliminate gender-based violence.

During the program, participants engaged in interactive sessions, including a pledge ceremony, group discussions, and Q&A sessions focused on women's rights and protection against violence. Women attendees shared personal experiences, contributing to meaningful dialogue and raising awareness of challenges faced by women in society. The event concluded with the distribution of certificates by Prof. Dr. Shagufta Ishtiaq and a group photograph, reinforcing SHEP's ongoing commitment to empowering women, fostering a culture of equality, and promoting a society free from all forms of violence against women.

NOV - 2025



The session's first speaker, Ms. Misbah Naseem, delivered a profoundly insightful and compelling address that immediately captured the attention of all participants. Her speech offered a nuanced understanding of the complexities surrounding violence against women and girls, emphasizing that such abuse is not limited to physical harm. She highlighted that violence can take many forms—including emotional, psychological, social, cultural, and economic—each leaving long-lasting and often invisible impacts on victims. Through her thoughtful explanations, Ms. Misbah illustrated the multifaceted nature of violence and its pervasive effects on individuals and communities.

Throughout her presentation, Ms. Misbah supported her points with practical examples and relatable scenarios, encouraging participants to critically reflect on their own environments and societal norms. Her address effectively broadened participants' awareness of both visible and hidden forms of abuse, while stressing the urgent need for collective action to recognize, confront, and prevent violence. By the conclusion of her speech, it was clear that attendees were not only educated but also inspired to take an active role in fostering safer and more just spaces for women and girls in homes, workplaces, and communities.

Following Ms. Misbah's keynote, the host returned to the stage to reinforce the message, reminding all participants that "Violence is not just a women's issue; it is a human issue. It affects families, communities, and society at large." This powerful statement set the stage for subsequent discussions and interactive sessions, encouraging attendees to view gender-based violence as a societal concern that requires collective responsibility, awareness, and proactive engagement.

NOV - 2025



The next session featured the Guest of Honor, Advocate Ms. Qurat-ul-Aein, who was warmly invited to address the audience. She began by expressing her sincere gratitude to SHEP for organizing a meaningful platform that not only raises awareness but also encourages open dialogue and community engagement on issues affecting women and girls. She acknowledged the preceding keynote by Ms. Misbah Naseem, noting that it had effectively laid the groundwork for a deeper understanding of the complex and multifaceted nature of violence.

Advocate Qurat-ul-Aein then elaborated on several critical issues, providing practical guidance and insights. She emphasized the importance of legal awareness, ensuring that women are informed about their rights and the mechanisms available to protect themselves. She highlighted the growing concern of digital harassment in the modern era, drawing attention to cybercrimes and online abuse that disproportionately affect women. She also discussed domestic violence laws, stressing the need for effective implementation and societal support, and encouraged communities to take collective responsibility in raising awareness and preventing abuse.

Concluding her address, Advocate Qurat-ul-Aein delivered a powerful and memorable message to the audience: "Silence strengthens the oppressor. We must raise our voice – not just for ourselves, but for every woman who cannot speak." Her speech resonated deeply with participants, inspiring them to actively advocate for women's rights, support survivors, and contribute to building a society free from all forms of violence against women and girls.

NOV - 2025



Following the previous sessions, the host invited Ms. Nudrat Nazir, a respected and experienced social worker, to address the audience. She delivered a heartfelt and insightful talk that drew attention to the roots of violence and its often-overlooked manifestations within the family environment. Her speech combined emotional depth with practical insights, encouraging participants to reflect critically on their own communities and take meaningful action.

Ms. Nudrat emphasized that in many households, harmful behaviors are so normalized that they are not even recognized as violence. Emotional, psychological, and social abuse often persist across generations, perpetuating cycles of suppression and compliance. She highlighted the enduring presence of patriarchal norms, noting that despite living in the 21st century, men continue to hold disproportionate power in many families, resulting in systemic gender inequality. Her address shed light on the subtle yet profound ways violence can infiltrate domestic spaces, underscoring the need for awareness and proactive intervention.

Through her speech, Ms. Nudrat advocated that social change must begin at home, calling for a paradigm shift in family attitudes toward daughters and women. She passionately argued that girls should be afforded freedom, dignity, and unwavering support to grow, pursue their dreams, and develop into empowered individuals. Her presentation offered both emotional resonance and practical guidance, inspiring participants to champion equality, respect, and safety for women and girls in their households and broader communities.

NOV - 2025



Following the speeches and presentations, the event proceeded with a highly interactive Question & Answer (Q&A) session, providing participants with the opportunity to directly engage with the speakers and clarify their doubts. Attendees asked thoughtful and pertinent questions on a wide range of issues, including harassment, domestic and workplace violence, legal protections, and societal norms that often restrict women from exercising their rights.

The session encouraged dynamic engagement, allowing participants to voice personal concerns and experiences while receiving expert guidance and practical advice from the panel of speakers. By addressing real-life scenarios and challenges, the discussion helped participants connect theoretical knowledge with actionable solutions applicable in their daily lives.

Overall, the Q&A segment served as a platform for critical reflection and empowerment, reinforcing the key messages of the event. Participants left with a deeper understanding of the measures necessary to challenge violence in all its forms, as well as practical strategies to promote safety, equality, and justice for women and girls within their communities.

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NOV - 2025



To acknowledge and honor the active participation and valuable contributions of all attendees, the event concluded with a certificate distribution ceremony. Certificates were presented to participants, volunteers, and key contributors, serving as a tangible recognition of their engagement, commitment, and efforts to promote awareness on violence against women.

The Chief Guest, Prof. Dr. Shagufta Ishtiaq, graciously led the distribution, personally handing certificates to each participant. Her presence added a distinguished and meaningful touch to the ceremony, reinforcing the significance of recognizing dedication and encouraging continued involvement in advocacy, education, and community engagement.

The conclusion of the event highlighted the importance of acknowledgment and motivation in sustaining social initiatives. By celebrating the contributions of participants, SHEP emphasized the value of collective action and individual commitment in addressing gender-based violence, inspiring attendees to carry forward the lessons, strategies, and responsibilities discussed throughout the program into their families, workplaces, and communities.

NOV - 2025



At the event commemorating the International Day for the Elimination of Violence Against Women, the presence of two esteemed officials from the Social Welfare Department, Government of Sindh—Ms. Riaz Fatima, Additional Director, and Ms. Seema Nazli, Additional Director—added great significance to the occasion. Their participation underscored the government's commitment to supporting initiatives aimed at promoting women's safety, empowerment, and rights, reinforcing the collaborative effort between civil society and public institutions.

During the ceremony, both distinguished guests were honored with special certificates in recognition of their support and contribution. The presentation was graciously led by the Chief Guest, Prof. Dr. Shagufta Ishtiaq, Chairperson of the Department of Chemical Engineering, University of Karachi, alongside Advocate Qurat-ul-Ain Lodhi and Ms. Ushna Sheikh, Information Secretary of the Society for Human Rights and Environment Protection (SHEP). This recognition highlighted the spirit of partnership between academia, government, and civil society in advancing women's rights and empowerment.

In their remarks, Ms. Riaz Fatima and Ms. Seema Nazli expressed deep appreciation for SHEP's efforts in organizing the event. They emphasized the importance of conducting regular awareness programs, noting their role in uplifting women, fostering confidence, and raising public understanding of gender-based issues. Their encouraging words provided additional motivation for SHEP's ongoing mission to build a society free from violence, discrimination, and inequality, further reinforcing the organization's dedication to empowering women across Pakistan.

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